

What is Harbor Point?

Harbor Point is a 24-hour safe place providing psychiatric stabilization and case management for individuals experiencing a mental health crisis who don't meet the criteria for hospitalization.

Harbor Point is a key component in the statewide development of a comprehensive adult mental health system and meeting the mandated core services required to be implemented statewide. Local implementation is led by Southwest Iowa MHDS Region.

The purpose of Harbor Point is to reduce the number of people who during a mental health crisis, are voluntarily hospitalized or inappropriately incarcerated.

Harbor Point's intent is to provide a more effective approach to mental health crisis treatment and to reduce health crisis costs.

Individuals typically stay at Harbor Point less than one week. During that time, they are connected to a network of appropriate community resources to assist in their recovery.

MISSION

“To support wellness through intervention, advocacy and education.”

WHO WE HELP

We help people who are actively struggling with a mental health crisis.

We help anyone 18 or older who voluntarily participate in our program.

Our program is in place to help individuals struggling with a mental health crisis find better ways of coping in order to live healthier and happier lives.



HARBOR POINT



218 W Division St
Clarinda, IA 51632

REFERRAL: 712.303.7066

FAX: 712.215.7184

712-850-1389

DEFINING YOUR CRISIS

We all struggle. Sometimes the struggle becomes too much for one person to carry. When that happens, Harbor Point is here to help you carry that burden. We have access to resources and programming that can assist in your healing. We encourage anyone who feels unsafe or unstable for any reason to contact us.

WHAT YOU CAN EXPECT FROM US

Access to Therapy Services and Medication Management and/or prescription.

On-site crisis intervention specialists who are ready to assist you 24/7/365.

Our program is under video surveillance for the safety and security of the facility and its participants. All video footage is used strictly for the purpose of treatment and safety of staff and participants; it is not shared with outside.

Programming is designed to assist in individual care-planning goals.

WHAT WE EXPECT FROM YOU

Participants are required to remain on the premises throughout their stay, unless accompanied by staff and to participate in Harbor Point programming.

HOW WE HELP

DAILY ITINERARY

Breakfast, Lunch, Supper Meals

Morning Gratitude
daily focused time to reflect and set expectations and goals for the day

Reducing Recidivism

Life Skills
daily training specified to participants is provided to help ensure success of program completion

Wellness

Reducing Hospitalization

Mindfulness

Daily Reflections
daily time to focus on success and opportunities

Lights Out Curfew - 11 pm

We offer access to the appropriate program or service if Harbor Point is not the appropriate solution.

WHAT TO BRING (if possible--we can provide essential items if you are unable to collect them).

- 2-3 changes of clothing
- Medications in original bottles
- Any essential medical devices
- Hygiene products
- Cellphone and charger
- Insurance cards
- Discharge paperwork from ER/hospital (if applicable)

WHERE TO FIND US

We are a phone call away.

Once we identify how to best assist you we may be able to connect you with a resource center near you or provide treatment from our Clarinda location at 218 W Division Street.

FINANCIAL ASSISTANCE

Ask us what financial assistance may be available to you through grant programs that can help alleviate financial burdens from:

TRANSPORTATION

EDUCATION

CLOTHING & HYGIENE

UTILITIES

COPAYS FOR SUBSTANCE ABUSE & MENTAL HEALTH PROGRAMS

